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ITALIAN COOKING MADE SIMPLE

Cook Like An Expert Beginning With Your First Meal.

The world is enamored with the cuisine of Italy. The marvelous entrees are acclaimed superb by all that have ever had the pleasure of eating these delectable foods. Whether the encounter was in Rome, Venice, Naples, a small family restaurant in the United States or an Italian restaurant in any country in the world, the incredible aroma of Italian food immediately captivates. Once your senses of smell and taste have been titillated, your appetite for the presentation will make you an absolute devotee.

Let your imagination carry you to a small table covered with a fresh white cloth, your favorite dinnerware, wine in a stem glass and a flickering candle providing the only light. In the background there is instrumental music, perhaps "Ah! Marie" or "Arrivederci Roma". Now picture your Italian creation on this table! Yes, your own creation.

You will marvel at your creation and it will smell great and the taste will be fantastic! There will be no fancy cream sauces or complicated entrées, just easy to create food as it is eaten in the Italian countryside. Inexpensive and delicious!

This book will explain the basics for preparing fine Italian food. You'll find it easy and exciting. We'll use a concept that will quickly make you an expert. Many recipes in this book have the same beginning, either from section number one, or section number two. Number One (Marinara sauce) is with a tomato base and Number Two (aglia e olio) is without. Therefore what we will do is use this starter portion of the individual entree to complete many of the recipes in Section Three. Easy! For each of the two groups you prepare the basic. Next you simply add the additional ingredients that will give the dish its Italian name. It's as simple as that. One or two, and three. You create exactly what you want! We've called the basic starter either Number One (Marinara sauce) or Number Two (Aglio e Olio). You then simply look up the dinner of your choice in the index that we will call Section Five. This will then direct you to use the appropriate sauce in Sections One or Two. Add those compatible items you looked up in the index to the Marinara sauce or the Aglio e Olio as directed in section Three.

Compatibility of various items in each section is listed in the index with each entrée. The longest section will be devoted to recipes, which we will call Section Number Three. We will loosely call the index Section Number Five since this is where the particular named dish you desire will be listed. Section Number Four will introduce a short list some of an almost endless variety of pastas from which to choose as well as entrées which defy simple categorization. You will find listed pastas of different sizes, shapes and colors, rice and specialty entrées. The choice of any one of these items is yours. You will be creating Italian food at its best, simply, and all on your own. So, light the dinner candle, play your favorite Italian CD and when you place your personally prepared entrée on the table, you and your guest(s) will enjoy a great part of Italy. **Its cuisine!** You'll surely be the envy of your neighbors who may only have the pleasure of smelling the fantastic aroma of the food you've just prepared. They won't know the secret of your cuisine lies within the pages of this

book.

First there is a list of Fundamentals used in this book, which you will need at one time or another while preparing the various meals. Following this is a section called the Pantry List. This is an invaluable list of ingredients you will want in your pantry at all times. These will enable you to create an Italian meal at a few moments notice without going shopping! Next is a list of Kitchen Aid items, which describes the necessary tools needed for food preparation.

Let's get started!

The Fundamentals

There are fundamental cooking requirements that you should always have in your food pantry. These items are readily available in most supermarkets and can be stored in your pantry indefinitely. Thus, if the need should suddenly arise, you would be able to prepare an Italian dinner in a very short time entirely from your pantry. You can surprise your unexpected guests with an exquisite freshly prepared Italian dinner and do it quickly. At the same time you'll demonstrate to them the genius of your cooking. The necessary

ingredients needed to prepare the basic portion of the entrees mentioned in this book are simple and easy to keep on hand. Keep in mind that these basics mentioned in Number One (Marinara sauce) and in Number Two (Aglio e Olio) can be used, without further embellishing, over the items mentioned in Section Four (Pasta and its Variety.)

The following list is of food and spice items, most of which are in packages that can be used multiple times. A good practice is to always use the same brand name for each item. This will eliminate a potential problem that might result in differences in taste from one brand to another. Admittedly the differences might be slight when only one item is changed, but this taste differential can be significantly altered when there are multiple brand changes. The list will represent the author's personal brand preferences, which satisfy his acquired tastes. You may find other products names that are either more satisfying to your taste, cheaper or more readily available in the area in which you live. Whatever the reason, stay with same items and you'll be sure to have a consistent winner. The spices we will use in this book will be the dried variety that will allow you the advantage of long-term storage. The exceptions to using the dried spices are Basil, Parsley and Garlic. The flavor of your cooked dishes will be enhanced when using the fresh in any of these three spices. Whenever available, the fresh spice may also be substituted for all other spices and will further enhance the flavor of your entrée. *A few words of caution. Mixing different types or brands of pasta is discouraged. Example: Angel Hair pasta will cook in 6 minutes while Mostacciolli requires 20. The example is extreme but does demonstrate the point. The cooking time of the same named pastas may also be at variance with different brands due to their inherent composition being slightly different. At any one time, therefore, only cook the same type and brand of pasta in one pan.

Now, let's call this necessary inventory THE PANTRY LIST. Keep at least one of each listed item in your pantry inventory at all times. The cost is minimal and you

will always have your personal Italian delicatessen to select from for whatever need suddenly arises. The ingredients for creating an exquisite Italian meal without prior notice will always be at your fingertips!

* For those who have fresh garlic and prefer using it versus the ground variety, please refer to page 7 for the conversion table.

The Pantry List

Anchovies

Anchovy Paste

Artichoke hearts

Bread Crumbs, Italian Style

Cannellini Beans, two cans

Capers (bottle or can)

Cheese, see Parmesan

Clams, chopped (not minced), 4-5 cans

Lentils, one bag (1 pound)

Meat thermometer

Olives

Calamata, Greek

Black pitted, in water

Sicilian style in olive oil, pitted plain or stuffed with garlic or pimento

Olive Oil, Virgin

Parmesan cheese, grated - Kraft (Once opened, refrigerate)

Pasta in several varieties, such as Angel Hair, Linguini, Spaghetti, Mostacciolli, Small Elbows, etc. All have a very long shelf.

Roasted peppers

Spices, dry

Basil leaf (For better taste use fresh basil leaves whenever possible)

Black Pepper, Both coarse ground and fine grind

Crushed Red Pepper

Garlic, **Coarse Ground**

Oregano

Parsley (For better taste use fresh whenever possible)

String (Ordinary household)

Sundried tomatoes in oil

Tomatoes, Crushed Canned with added puree, two to four 28 oz cans

Tomato paste, 1 can

Tomato sauce, two cans

Tomatoes, sun dried in oil

Tuna, white meat packed in water or oil, two cans

Vinegar, red wine

Keep the list current. When an item(s) has/have been used and/or exhausted, replace it/them and you will always be ready to prepare your next Italian meal.

Helpful Hints

Conversion Table for Garlic

½ teaspoon coarse ground = 2 teaspoons minced =2 cloves garlic (small size)

¾ teaspoon coarse ground = 3 teaspoons minced = 3 cloves garlic (small size)

1 teaspoon coarse ground = 4 teaspoons minced = 4 cloves garlic (small size)

Conversion Table for Liquids

4 tablespoons = 2 ounces = ¼ cup

8 tablespoons = 4 ounces = ½ cup

Your Freezer can be a part of your pantry list. Among other items, use your freezer to store fresh parsley and basil. After removing the stems, parsley leaves can be made into a roll in a clear plastic wrap and put in the freezer. When parsley is needed, this will become your readily available source. Cut the desired amount from one end for current use: reseal and replace the remaining roll in the freezer.

Freezing basil without the stems also allows you to have an available source at any moment. Use the frozen leaves as you would the fresh, **but only in cooking.** When thawed the leaves will be withered and be a poor representative for fresh basil.

Kitchen Aids

(Utensils & necessities)

Having the items listed here will make preparation of each of your meals easier. For large guest or family meals each one may become a necessity at the same time because of the quantity you are preparing. Once you have used each item you will have learned when it will be needed to fulfill the needs of the particular meal you are about to prepare.

1) Bake pan or oven safe dish (such as Corning), 10-12 inch and 3 inches deep

2) Colander, large size

3) Food processor. This is not an absolute necessity but will make preparation of some items considerably easier. It is expensive but a hand held grater might serve the purpose as well, albeit with added effort.

4) Hand held cheese grater

5) Ladle, mixing spoon and fork, all with long handles.

6) Large serving bowl for pasta

7) Measuring cup

8) Measuring spoons

9) Pasta pan (6 quart). 2 quart pan is sufficient for one pound of pasta

10) Skillet, 10-12 inch and 3 inches deep, aluminum (preferred since the heat distribution in the pan is considered better) or non-stick variety.

11) Small serving bowls to hold cheese and crushed red pepper on serving table.

12) Tableware must include a large soup type spoon, also used for twirling pasta.

Section One

BASIC STARTER (NUMBER ONE)

MARINARA SAUCE

And

BOLOGNESE SAUCE

Ingredients:

1) Olive oil, 3 tablespoons

2) Garlic, ½ teaspoon of coarse ground garlic powder. (You may substitute two cloves of finely sliced fresh garlic or ½ teaspoon of bottled chopped garlic).

DO NOT USE GARLIC SALT. This might give the item you are preparing an unwanted taste because of unnecessary salt.

3) Tomatoes (Two 28 oz. cans crushed with puree, or equivalent fresh, diced into one- quarter inch cubes). Use an additional can if larger volume needed.

4) Basil 1 teaspoon dried (eight to ten fresh basil leaves, preferred,

cut into four or six smaller pieces depending on leaf size).

5) Black Pepper, ¼ teaspoon

6) Crushed Red Pepper. Use a small amount to satisfy your taste for a hot, (arrabbiato), sauce.

Options: Select one (Meats require 20-30 minutes additional cooking)

1) Oregano, 1½ tsp to change to a **pizzaiola sauce** only.

2) Tomato paste 6 oz plus its can filled with water for a thicker sauce.

3) ½ lb ground beef, (This will make it a **Bolognese Sauce)**

4) Italian sausage, ½-1 link per person, each cut in ¾ inch long pieces

5) Meatballs, (See page 60)

Preparation:

1) Place olive oil into a skillet (frying pan.)

2) Add garlic.

3) Sauté (fry) over low heat for 2-4 minutes or until garlic just begins to turn brown. REMEMBER, the coarse powdered garlic burns easily and cooks quickly. The time varies with the heat being used but is very short.

4) Add items 3-5. The tomatoes striking the hot oil may cause splattering of oil. ADD SLOWLY AND CAREFULLY.

5) Crushed red pepper to your taste only if you wish a hot (arrabbiato) sauce. This will vary with the amount used. Begin with ¼ tsp

6) Cook at low heat for 35-45 minutes.

***Options as mentioned above.**

1) Adding Oregano creates a **Pizzaiola Sauce.**

2) Adding ground beef, for a **Bolognese Sauce**, (and/or Italian sausages and/or meatballs to create other varieties of **Bolognese sauce.)**

3) Add 15 minutes cooking time if tomato paste is used to thicken sauce. (Add one paste can full of water with the paste.) If it becomes too thick during cooking, add additional water and mix it in thoroughly to desired consistency.

Serves 4-6

Enjoy

You may use the starter (basic) Marinara sauce, or one its variants, as it is over the pasta of your choice (those listed in section four.) You may add options or any other item(s) to this sauce from section number five, the index, before using it on the pasta you choose. Simply look up the entrée you wish to create in the index. Add the item mentioned to this Marinara sauce by following the cooking directions given with the meat, poultry, vegetable or seafood item you have selected and are referring to.

Section Two

BASIC STARTER (NUMBER TWO)

NO TOMATO

AGLIO e OLIO (Garlic and Oil)

Ingredients:

1) Olive Oil, ¾ cup

2) Garlic, one teaspoon of coarse ground garlic powder. (You may substitute four small cloves of finely sliced fresh garlic or two teaspoons of bottled chopped garlic)

DO NOT USE GARLIC SALT. This might give any item you're preparing an unwanted salty taste

3) 10-12 fresh Basil leaves cut into pieces of approximately ¾ inch. Save to use as garnish over completed choice from Section number five (Index) or simply add to the oil and garlic mixture near the completion of cooking.

4) Black pepper, ¼ teaspoon

5) Parmesan cheese, 1½ cups

6) Crushed red pepper, small amount to satisfy your taste for an arrabbiato sauce. Remember, you can always add more pepper but once added to your preparation it can not be removed. Begin with ¼ tsp.

7) **Optional:** Sundried tomatoes, 2 tablespoons chopped, with their oil.

Preparation:

1) Place olive oil into a frying pan over low heat.

2) Add garlic

3) Sauté (fry) over low heat for 2-4 minutes or until garlic just begins to turn brown. REMEMBER if you use coarse ground garlic it takes less time and may easily burn.

4) **Option.** Add sundried tomatoes

The sauce thus prepared will be sufficient to be put over pasta that will serve four. You may use this starter, as is, over the pasta selection of your choice from section number four (Index) or from your pantry pasta list, (this is called pasta aglio e olio). Add the Parmesan cheese at this time. The amount of cheese used will vary with your taste. MIX WELL INTO THE PASTA. Garnish with **fresh** cut basil leaves you have held over OR you may add your choice of variations listed in the index as your particular entrée during preparation before putting it over the pasta. Simply follow the directions given for your selection.

*If you like your food spicy, add crushed red pepper cautiously over the pasta to satisfy your taste and the taste of your guests. **Remember,** you can always add more

pepper but once used it can't be taken back.

A few words about using pasta. Since the shape, size, length and color are all variables, you will discover that certain occasions call for a particular type of pasta. For example, if your guest list is long, you may find it much easier to use the cut tube pasta varieties for several reasons. Cooking is less challenging and serving portions using a large spoon discourages splatter. This can be done easily by you or persons of any age if dinner is family style. This is especially true with children who find eating with a spoon much less trouble than the challenge of twirling long strands of pasta with a fork. The thicker long types (versus thinner type) are more difficult to twirl in a spoon or on your plate. Thus, you will have more splatter of sauce with thick pasta than with a thinner variety such as angel hair. In addition, the thinner pastas will remain in a tight ball after twirling on a fork as opposed to the thicker pasta varieties. The color of the pasta (red, green, black or golden) might be an important consideration, especially for children. To summarize, your guests, the occasion, and the formality of dinner will guide you to the proper choice.

RECIPES

Peppers, onions and tomato

This is a wonderful, tasty combination, which may be used as a sandwich filling alone in a luncheon roll or in combination with Italian sausage, sliced meats or a variety of cheeses. It can also serve as a vegetable accompaniment with any entrée. It will add zest when spread over potato or rice. Some find this a choice sauce to put over their favorite pasta. Once you have discovered its utility, it will become a culinary favorite.

Ingredients

1) Two green bell peppers
2) One medium sized white onion
3) Two 28 oz cans of crushed tomatoes
4) Coarse ground Garlic (**Not Garlic Salt**), ½ tsp
5) Olive oil, 3-4 tbsp
6) Fresh Sweet Basil leaves (eight - ten leaves)
7) Black pepper, fine grind, ½ tsp
8) Skillet (frying pan) approx 10 inches in diameter.

Preparation of Ingredients

1) Slice peppers thin from stem to lower tip. Discard stem and its base. Remove all seeds. Cut each of these sections into long thin slices

2) Slice 1 onion lengthwise into long thin pieces and cut these slices in half.

3) Cut Basil leaves into approx ½ inch pieces

Cooking assembly

1) Cover bottom of the skillet with olive oil

2) Sprinkle garlic powder over the oil

3) Put skillet over medium heat

4) Add approximately 1½ cans of crushed tomato. Reserve the remainder for a different later use or discard it when there is no further use.

5) Sprinkle black pepper lightly over tomato

6) Add sliced peppers and onion.

7) Spread the basil over the ingredients. Mix well.

8) Cook over medium heat for 2 ½ hours. Stir occasionally. You may have to add water lost by evaporation as cooking progresses and thickens mixture. Allow the final cooked product to be thick, **not watery**.

9) Use warm or hot in a sandwich, over meats or as a side vegetable.

Serves 6-8

Enjoy

Chicken Cutlets (Veal or Pork may be substituted)

Ingredients:

1) Chicken breasts, three large (You may use boned pork chops or veal instead)
2) Egg (1 or 2) depending on amount of chicken or meat you prepare
3) Flavored bread crumbs, (one box will last several meals)
4) Coarse ground garlic powder, ½ tsp
5) Olive oil, 3-4 oz
6) Skillet (frying pan)

Preparation

The preparation for the veal or pork will be the same as discussed for chicken

1) Hold a chicken breast down firmly flat on a cutting surface with a plate. Cut the breast with a **thick handled knife** held flat and parallel to the cutting surface and plate that is holding the breast still. Using a horizontal sawing motion each culet will be the same thickness since this is repeated for each cutting of the breast (or other meat). The result is actually the thickness of ½ the knife handle. Thus, it is better to use a thicker knife handle to produce a thicker cutlet. The same method is used for cutting a thick boneless pork chop. Since veal when purchased is usually cut thin, this initial preparation may not be needed.

2) Pour ¾ cup of bread crumbs into a shallow plate. If more is required it can be added when this initial amount has been exhausted.

3) Lay a double thickness of paper towel on a separate dinner plate.

4) Bring a small amount of oil in a frying pan to medium heat.

5) Beat one egg in a shallow bowl. Using a fork, pick up the uncooked prepared cutlets one at a time, dip in the beaten egg cover all sides and allow excess egg to drip off.

6) Turn each egg covered cutlet in the bread crumbs.

7) Carefully place each prepared cutlet into the heated oil. They will cook quickly so watch them closely to avoid burning. Turn each cutlet to its opposite side allowing both sides to become golden brown.

8) When each cutlet appears to be cooked on both sides, remove it and place it in the plate previously prepared with paper towel. This allows the excess oil to be absorbed by the paper towel. You may have to place an additional row of paper towel over the newly prepared cutlets. These will serve the same purpose as the first row for the additional cutlets as they are fried.

These may be eaten as is before adding a sauce. (See Chicken Parmigiana, below.) If you cook too many cutlets, freeze the excess for another time. Later when ready to use, allow them to thaw before use.

Chicken Parmesan (Veal or Pork Parmesan)

(This entrée is made using only Parmesan cheese. Parmigiano means the entrée is topped with mozzarella cheese before baking.)

Considered by some a difficult but delightful entrée this recipe will provide you an easy way to this famous dish. Your friends will marvel at your mastery of this tasty, acclaimed meal.

Use the cutlets you have prepared (see chicken, veal or pork cutlets) or have frozen.

Assembly

1) Spread a small amount of Marinara sauce in your bake pan.

2) Place the cooked culets in the bake pan and cover with a **Marinara Sauce.** See section one for preparation of the sauce.

3) Cover with Parmesan cheese (or shredded mozzarella cheese if you prefer).

4) Bake in a preheated oven at 325 degrees for 15-20 minutes.

More time in the oven will be required if the cutlets are used frozen. Avoid signs of overcooking (burned or blackened cheese.)

5) Remove from the oven and serve.

6) An accompaniment of pasta on the same serving plate is customary. Angel hair pasta is preferred since it cooks quickly. The choice, however, is yours. Distribute the pasta on each plate and cover it with a small amount of Marinara sauce. (Your initial sauce preparation may require doubling the original basic Marinara recipe depending on the number of cutlets prepared and the amount of pasta you will use.)

7) The vegetable accompaniment is of your choice

8) Hard crusted Italian bread will complete your main course

Serves 4-6 Enjoy

Rosemary Chicken

Ingredients

1) Whole Chicken with skin, 4-5 pounds. Cut into pieces suitable for serving

2) Olive Oil, 3-4 oz

3) Rosemary, dried 2 tsp or 2 fresh stems from plant each 3" long

4) Course ground Garlic, ½ tsp

5) Black pepper, ¼ tsp

6) Red table wine, ½ cup

7) Baking flour, 1 cup

8) Button mushrooms, 1 cup

9) 2 large potatoes cut into large steak fry sized pieces. (Potato need not be peeled but, if not, they must be thoroughly scrubbed and free of any dirt.)

9) Skillet approx 12 inches in diameter

Preparation

1) Lightly dust the chicken pieces in flour which has been placed in a flat dish

2) Sprinkle lightly with garlic and black pepper.

3) Place in a frying pan that has approximately ¼ inch of oil, which has been brought to temperature for frying. Allow each piece to become golden brown on the outside. Remove each piece when it is cooked since the skillet may not hold

all the prepared chicken.

4) When finished, replace all cooked pieces of chicken into the skillet.

5) Place Rosemarie stems or sprinkle Rosemary flaks over the chicken

6) **Option**: Add potatoes and mushrooms if you wish. Mix thoroughly.

7) Add the table wine

8) Partially cover skillet and let simmer for 45 - 60 minutes.

Serves 4-6

Enjoy

Sausage, Peppers, Onions and Tomato

Ingredients:

1) Crushed tomatoes—1½ , 28 ounce (by weight) cans

2) Fresh Sweet Basil, 8 -12 leaves depending on size of leaves

3) Two large Bell Peppers, green

4) One medium sized white Onion

5) Coarse ground Garlic*

6) Fine ground black pepper*

7) **Italian** sausage (hot or mild) – Two packages with five links each. Cut each link in half, across the middle, (NOT top to bottom) **or** into one-inch pieces.

Option: Turkey sausages may be used in lieu of Italian pork sausages.

8) Olive oil, 3-4 oz

9) Dry parsley*

10) Baking pan, approx 10 x 12 inches.

* The amounts of Garlic, parsley and black pepper are deliberately not mentioned. Sprinkling these spices lightly over your preparation, as directed, is not really measurable. The approximate amounts you will use are. Garlic, ½ tsp; Black pepper, ¼ tsp; Parsley, 3 tbsp

Preparation

1) Thin slice peppers from stem to lower tip. Discard stem and remove all seeds.

2) Cut the sliced pieces in half

3) Thin slice onion and cut these slices in half

4) Open both cans of crushed tomato

5) Cut Basil leaves into approx ½ inch pieces.

Cooking assembly

1) Lightly sprinkle olive oil into the bottom of a baking pan.

2) Put 1 can of crushed tomato over olive oil.

3) Place cut onion and peppers in baking pan and mix well with your hand.

4) Place cut sausage links in pan surrounding each with the peppers & onions

5) Cover all ingredients with ½ can of crushed tomato

6) Lightly sprinkle garlic and black pepper over ingredients.

7) Sprinkle approx 3 tablespoons of dry parsley over mixture

8) Distribute cut basil evenly over ingredients

9) Cover pan with aluminum foil and secure ends except for a ventilation opening at opposite corners. Place in a preheated oven at 350 degrees for two hours.

At two hours CAREFULLY lift ends of aluminum foil. If sauce is too thin, cook for an additional 30 minutes with the foil cover loose at corners and edges to allow water (steam) to escape. Remove from oven when sauce is the desired consistency. The sauce may be used over the pasta of your choice and the sausage will serve as the meat accompaniment. Later, you may use the sausages in sandwiches using Italian rolls or simply serve them on a plate to be eaten with Italian bread.

Serves 8-10

Enjoy

Tortellini-Meatball Soup

This wonderful soup is perfect for large parties. This recipe is therefore written to provide servings for 15-16 people. If you will be serving only a small number of people, you can freeze the amount that exceeds your current need. Freezing in containers holding an amount you feel needed for another time will make your next use of the soup quick and easy. An alternative would be to proportionately reduce the ingredients used in the recipe. Since this recipe is rather time consuming, the alternative method is not recommended. Be aware that the volume of food you are cooking will require a large pasta type pan. Have this available before you begin or you may find yourself overwhelmed by the volume of the meal you are preparing.

Ingredients

1) Egg, two

2) Ground beef – 1 pound

3) Ground Pork – 1 pound

4) Ground Veal – 1 pound

(You may use just one kind of meat, or ground chicken or turkey with only minimal change in taste of the meatballs.)

5) Lemon Juice – 8 oz OR 1 finely grated whole lemon, (remove pits, pulp and thick skin). *Add a small amount of water to the lemon paste and discard any residual pulp from paste. Distribute evenly over meat mixture and mix thoroughly.

6) Grated Parmesan Cheese (Kraft) – 1¼ cups

7) Black Pepper – 1 tsp

8) Garlic Powder (Coarse Ground) – ¾ tsp

9) Parsley Flakes – 3 tsp

10) Bread crumbs (Italian Style) – 20% of above volume when mixed or to your own taste.

11) Swanson or other chicken broth, 1% fat (in a 32-oz box). **4 Boxes.**

12) Tortellini – Three boxes (meat, chicken or cheese filled or any combination). Allow 4-6 per person. (May be purchased in the Deli section of a supermarket

13) Large, pasta pan.

*If available use the grating blade in the food processor, then redo the resulting material using the double bladed cutting attachment. Result will be a fine smooth lemon paste. Since this step requires the use of a food processor more than one lemon may be used eliminating the need for this time consuming step in the future. Unused remaining paste may be frozen in small baggie packages equivalent to one lemon each for future use.

Preparation

1) Mix items 1-10 above thoroughly.

2) Bring 2 boxes of broth to a slow boil in a large pot.

3) You may add a small amount of water to meat mixture, approximately ¼ cup. The mixture will become slightly more pliable and easier to use.

4) Roll meat mixture into meatballs to your desired size and drop each into boiling chicken broth. A smaller meatball, ½ inch in diameter, is most desirable since at this size it will easily fit on a spoon when eaten without preliminary cutting. Cooking time in the broth will be short (2-4 minutes) but varies with the size of the meatball used.

5) When the meat mixture has been completely exhausted, the meatballs and broth may be used immediately or portions may be frozen for use at a later date. (Do not freeze cooked tortellini.)

When ready to use, add remaining 2 boxes of broth, bring to a boil. Add Tortellini to fresh or frozen boiling broth. Cook to your taste (3-5 minutes)

Will serve 15-16

Enjoy

Chicken, potatoes and peas (Baked)

Ingredients

1) Whole chicken, approximately 4-5 pounds, cut into serving sized pieces
2) 3 large potatoes peeled and cut each into large steak fry sizes
3) Sweet peas, 1 can, drained
4) Salt, ¼ tsp
5) Pepper, ¼ tsp
6) Coarse ground garlic, ¼ tsp
7) Olive oil
8) Parsley, 1 tbsp, fine chopped
9) Baking pan, such as a Corning dish (approximately 10" x 14" inches).
10) Pam or other material that discourages the ingredients from sticking to the pan or dish.

Preparation

1) Spraying the inner pan surface with Pam or a similar material first will discourage any sticking and facilitate ease of removal when cooked.

2) Sprinkle a small amount of oil in the bottom of the bake pan.

3) Spread the cut chicken sections in the bake pan

4) Place all the sliced potato wedges between the chicken sections

5) Lightly sprinkle oil over both the potatoes and chicken.

6) Lightly sprinkle salt, pepper and garlic over all items

7) Sprinkle parsley over the contents

8) Place **uncovered** in preheated 325=degree oven for one and one half hours.

9) Remove bake pan (dish) from the oven. Replace for 15-minute periods if you feel additional cooking is needed.

10) Remove from oven and evenly spread the drained sweet peas over its contents.

11) Replace the pan in the oven for another 4-5 minutes.

12) Remove from the oven and serve in the bake dish family style.

Remember it is hot, so treat it accordingly. Use mats under the dish or pan when setting it on the table. Your delicious, all in one, meal is ready for all to enjoy.

Serves 6-8

Enjoy

Chicken Cacciatore (Hunter's chicken)

The term is loosely used to describe chicken cooked in any one of several ways. In its various forms of preparation it has been called Hunter's Chicken. What will be described here is one of these methods, this being done with a tomato base.

Ingredients

1) Split boned chicken breasts with skin, approximately two pounds, cut into serving sized pieces.
2) Crushed tomato, 1 can (2 cans if you wish to use the sauce over pasta.)
3) Paprika, 2 tbsp
4) Flour, 1 cup
5) Salt, ¼ tsp
6) Pepper, ¼ tsp
7) Coarse ground garlic, ¼ tsp
8) Oil, approx ¼ inch in the skillet
9) Basil, 8-10 leaves
10) Italian bread
11) Pasta of your choice.

Preparation

1) Mix paprika, garlic, pepper, salt and flour thoroughly in flat dinner dish

2) Put oil in the skillet and bring to medium heat.

3) Using a fork, lift chicken pieces one at a time and lightly and evenly coat all sides with the flour mixture.

4) Place each piece into the heated oil after it is coated with flour. Allow chicken to become evenly brown on both sides. If necessary remove cooked pieces to allow room in the pan for cooking the remainder of the chicken pieces.

5) When all pieces have been fried, return all cooked pieces to the skillet.

6) Avoid splatter by slowly adding 1 or 2 cans of tomato and basil over the chicken.

7) Partly cover the pan, maintain reduce heat under skillet to simmer

9) Stir and turn chicken occasionally.

10) Allow cooking for 1-½ hours over this low heat. (If the sauce becomes too thick add small amounts of water as needed, mixing well each time.)

11) Spoon off excess oil.

12) Cook pasta separately

12) Serve the chicken as is. (Using two cans of tomatoes provides you a good deal of sauce, which may now be used over your favorite pasta.)

13) Italian bread for dipping into sauce.

Delicious!

Serves 4

Enjoy

Putanesca Sauce

Use the basic Marinara recipe BUT add the following while cooking the sauce

1) One tube of anchovy paste
2) ¼ cup of a finely chopped white onion
3) 15 chopped black olives
4) 3 teaspoons of drained canned capers
5) Red pepper, ¼ tsp to suit your taste for a hot (arrabbiato) sauce.
6) 6-8 leaves of basil.
6) Tomato paste, as discussed under marinara variant, for thicker sauce.
7) Cook as directed under Marinara sauce.
8) Use over spaghetti, linguini, capellini or your favorite pasta.

Will serve 4-6

Enjoy

Pasta Alla Checca — Sauce

For a light lunch, this easy to prepare sauce requires no cooking and will surely be a low calorie hit to all who taste it. The type of pasta is your choice. (For quick preparation use Capellini, which cooks in about 6 minutes)

Ingredients

1) Cherry tomatoes (fifteen to twenty), crush with fork **after** cutting into small pieces.
2) Olive oil, extra virgin, 4 tablespoons (1/4) cup
3) Coarse ground garlic, 1 tsp or 2 fresh cloves diced or 1 tsp minced.
4) Fresh Basil Leaves, chopped into small pieces, 8 large leaves
5) Salt lightly (To taste)

Preparation

1) Mix ingredients: Tomatoes, garlic, basil, and olive oil in a bowl. You may salt lightly (to taste). Cover with plastic wrap.
2) Allow to sit refrigerated or at room temperature for 1-2 hours
3) Pour uncooked sauce over ½ pound **hot** cooked pasta, and toss.
4) Grated Parmesan cheese and crushed red pepper over pasta (each to his taste)

Serves 2

Enjoy

Shrimp Sauce, Regular and Diablo

1) Use a prepared Marinara sauce over a simmer heat. Add approximately 28 medium peeled shrimp. Mix well into sauce as it cooks.

2) Take skillet off the heat immediately when the shrimp have turned whitish pink. The cooking time for the shrimp is 3-5 minutes.

3) **Optional.** If not already added in the Marinara sauce, add ¼ teaspoon crushed red pepper for a hot diablo sauce. You may use more or less pepper to suit your taste. **Be careful!** Once introduced it can't be taken back.

4) Spread over your favorite pasta

5) Each person may use Parmesan cheese on pasta to satisfy his/her taste.

Serves 4

Enjoy

Shrimp Sauce, Clear

1) To the basic cooked starter number two, Aglio e Olio, add approximately 28 medium peeled shrimp. Stir well into the basic starter.

2) Take skillet off the heat when the shrimp have turned whitish pink. This additional cooking time is 3-5 minutes. It is easy to overcook! Be careful.

3) **Optional:** If not already added to the Aglio e Olio, add ¼ teaspoon crushed red pepper for a hot (arrabbiato) white sauce.

4) **Optional:** Sundried tomatoes chopped, 1 tbsp

5) Serve on individual plates.

6) Spread the shrimp and sauce over the pasta on each plate

7) Use grated Parmesan Cheese. (This dish tastes best when eaten with a generous amount of cheese sprinkled on the pasta.)

Serves 4

Enjoy

Fresh Clam Sauce, Red

1) To a basic **cooked** Marinara sauce add **well-scrubbed** cockleshell clams or other clam variety of similar size such as the cherrystone to remove sand. The number of clams will depend on the clam size used. For the smallest variety use 4-6 clams per person. **Mussels** may be substituted for clams.

2) Remove skillet from the heat when all clams have opened. Discard any that are unopened

3) Spread the sauce over your favorite pasta, (linguini, angel hair or spaghetti.)

4) Divide the cooked clams evenly over each serving

5) Sprinkle a small amount of crushed red pepper over pasta **to your taste**

6) Parmesan cheese (grated) is optional

Serves four

Enjoy

Clam Sauce, Clear

1) Use the basic cooked starter number two, **Aglio e Olio**. Add well-scrubbed cockleshell clams, or other variety of similar size such as the cherrystone clam, to remove sand. The number of clams will in greater part depend on the size used. For the smallest variety use 4-6 clams per person. **Mussels** may be substituted for clams as well.

2) Remove the skillet from the heat when all clams have opened.

3) Spread the sauce over your favorite pasta; linguini, angel hair or spaghetti,

while also dividing the cooked clams evenly onto each served dish

4) Grated Parmesan cheese. This dish is best eaten with a generous amount of cheese covering the pasta.

5) If needed, each individual to his/her liking may add crushed red pepper.

Serves four

Enjoy

Scallops in Red Sauce

1) To the basic nearly cooked number one, Marinara sauce, **add** approx 1 pound of scallops, (the number will vary depending on the size of the scallop and number being served. You may cut larger ocean (Sea) scallops in half.)

2) Remove the skillet from the heat when the scallops have turned milky white or opaque. Cooking time is approx 3-4 minutes.

3) Spread the sauce over your favorite pasta; linguini, angel hair or spaghetti, while dividing the scallops equally onto each served dish

4) Use grated Parmesan cheese to suit your taste.

5) Crushed red pepper may be added by each individual to his/her liking.

Serves four

Enjoy

Scallops in Clear Sauce

1) To the basic cooked starter number two add approx 1 pound of scallops. The number varies depending on scallop size and number being served.

2) Additional basil leaves (4-6), cut into small pieces

3) Remove from heat when the scallops have turned milky white or opaque. Cooking time is approx 3-4 minutes. It is easy to over cook! Be careful.

4) **Option**: Sundried tomatoes chopped, 2 tbsp

5) Spread the sauce over your favorite pasta; linguini, angel hair or spaghetti.

6) Divide the scallops onto each served dish.

7) Use grated Parmesan cheese generously to suit your taste. This dish is best eaten with a generous amount of cheese over the pasta.

8) If needed, crushed red pepper may be added by each individual to his/her liking.

Serves 4

Enjoy

Calamari (Squid) in Red Sauce

Preparation

1) To the basic cooked starter number one, Marinara sauce, add approx one pound of prepared squid. (The squid should be cleaned and the spine and eyes removed. Each is then cut into rings of approx ¼ to ½ inch thick. The tentacles are also cut at their base into bite-sized pieces.)

2) Allow cooking in the sauce until the calamari turn pink in color and/or the cut edges begin to curl. **Cooking time is 4-5 minutes.** Don't overcook!

3) Remove from the heat. **If not used immediately they will continue to cook in the hot sauce.**

4) Spoon out the sauce and calamari onto your favorite pasta

5) Additional crushed red pepper may be added by each individual to suit his/her taste.

Serves 4

Enjoy

Stuffed Calamari in Red Sauce

Ingredients

1) Calamari (Squid) one pound or at least six complete bodies. The calamari should be cleaned and the inner spine (shell), eyes and tentacles removed or cut short. Drain well.

2) Bread crumbs, amount sufficient to **HALF** fill all the squid bodies being used. Overfilling may cause the bodies to explode allowing during cooking allowing the filling to overflow into the sauce from the open ends during cooking.

3) **OPTION** Add chopped shrimp and crab meat to your taste but keep total volume of stuffing the same for each calamari body.

4) Cut the removed tentacles into smaller pieces.

5) Coarse ground garlic, ½ tsp

6) Black pepper ¼ tsp

7) Parsley (dry) 2 tbsp

8) Egg, 1

9) Grated Parmesan cheese, 2 tbsp

10) Olive oil, 2 tbsp

11) Water, 2 tbsp

12) Toothpicks, to hold open ends together

13) Marinara sauce.

Assembly

1) Combine ingredients 2-10. Mix well.

2) Insert the mixture into the body cavity of each squid. Use an amount that

will only half - fill each cavity. **Do not pack in tightly.** See above.

3) Close the open ends and secure with tooth picks. As a precaution, use the same number of tooth picks on each body and count the number used. Thus there is less chance of losing a toothpick in the sauce after cooking.

4) Place each completed squid in cooked Marinara sauce.

5) Add tentacles and cut calamari rings stir into the sauce.

6) Allow cooking for an additional 4-5 minutes.

7) Remove from heat

8) Carefully remove the squid from the sauce and place on a separate plate to be sliced. **Remove and count the toothpicks used.**

9) Spoon out the sauce over your favorite pasta; linguini, angel hair, or spaghetti.

10) Slice and divide the stuffed squid bodies equally onto each served dish.

Serves 4-6

Enjoy

Pork Roast

Ingredients

1) Pork loin roast, approx 4-5 pounds
2) FRESH parsley, finely chopped without stems, ½ cup
3) Parmesan cheese
4) Pepper
5) Seasoned bread crumbs, ½ cup
6) Olive oil
7) Garlic, coarse ground
8) String
9) Meat thermometer

Assembly

1) Butterfly the pork loin. (The loin is cut ¾ of the way thru from tip to tip **almost** dividing it in half. Each still attached half is then sliced from tip to tip along its mid surface ¾ of the way through. When this pork loin is fully opened you will be looking at 6 cut surfaces)

2) Apply some olive oil to your hands and work them as if washing them. The result will be a fine coating of oil covering both hands. Rub ALL meat surfaces, as well as the outside and the ends of the roast transferring a small amount of oil from your hands to the roast. If your hands are dry use more oil before rubbing them together. When done with the roast, wash your hands to rid them of oil.

3) Lightly apply pepper to all surfaces

4) Sprinkle garlic lightly over all surfaces.

5) Evenly spread breadcrumbs over all cut surfaces.

6) Sprinkle a small amount of oil over breadcrumbs. (This will prevent the cooked roast from becoming too dry.)

7) Sprinkle cheese over all cut surfaces

8) Uniformly distribute the parsley over the cheese

9) Close the entire butterfly roast and hold together with string. Tie, but not too tight, allowing roast to remain together. Count the number of strings used.

10) Place in covered bake pan which has been rubbed with a small amount of oil

11) Insert the meat thermometer into roast

12) Place in the oven at 350 degrees. Cooking time will be approx 1 hour or until the meat thermometer shows an internal temperature of 145 degrees.

13) Immediately remove from the pan when cooked and place it on a flat serving plate for meat. Remember the roast will continue to cook if left in a hot pan. Cut and remove the strings. Be sure your count is as it was when started.

14) You will find the roast retains its shape. Slice the roast crosswise from side to side in thickness of approx ½-1 inch when ready to serve and eat.

15) An accompaniment pasta of your choice covered with either Marinara or Aglio e Olio sauce.

16) A vegetable of your choice will complete your entrée.

Serves 4-6

Enjoy

Tuna In Red Sauce

For those who like tuna this is an especially tasty and easy sauce to prepare. This is the poor man's version since we will use canned tuna. Nonetheless everyone will still appreciate it.

Ingredients

1) Marinara sauce
2) 2, 7 oz cans of tuna in oil. Drain if tuna is in water and add 2 tbsp oil.

Assembly

1) Once you have incorporated all the necessary ingredients for preparation of the Marinara sauce you simply add both cans of tuna. Allow the sauce to cook slowly in an uncovered skillet for 30-40 minutes. During cooking you may need to add a small amount of water if the sauce becomes too thick.
2) On the other hand, if the sauce seems too thin simply cook for an addition few minutes in the uncovered skillet until it reaches the consistency you desire.
3) Remove from the heat and serve over your favorite pasta.
4) To satisfy your taste you may wish to use additional crushed red pepper

Serves 4-6

Enjoy

Bolognese Sauce

This wonderful sauce is made by combining beef with the basic Marinara sauce.

Ingredients and preparation

1) Add ½ pound of ground beef to your prepared Marinara sauce and let cook an additional 30 minutes. Crumble the meat as you put it into the sauce so no large pieces remain. (You may use ground Turkey or small cuts of beef in lieu of ground beef.) Total cooking time is 45-60 minutes.

2) After removing from the heat, spoon the sauce generously over the pasta of your choice.

3) Grated cheese and crushed red pepper may be used to each person's taste.

Serves 4-6

Enjoy

Bolognese sauce variations

The taste of your sauce will vary with the type and amount of meat you put in it. The meat variety is entirely up to you. As a starter you might consider your selection from one or several of the following: Italian sausages, chicken with skin, pieces of pork or beef, meatballs and braciola (each of these items are discussed separately in other sections of this book). Find each of these in the index and follow directions given for preparing the

one you select. If a considerable amount of meat is used you will have to add an additional can of crushed tomatoes while cooking to have sufficient sauce for your needs.

A final important item of importance to remember is to use a pan (skillet) that is deep enough to accommodate whatever you are preparing. This has been mentioned previously as part of your pantry list. **Whatever you do will be your creation and now, since it may be nameless, you may apply your own!**

Pizzaiola Sauce

Refer to the options under Marinara sauce for preparation. The simple addition of dry Oregano flakes changes both the aroma and the taste of this delightful sauce. The name has its origin from the topping of pizzas which use this very sauce. Two very different uses will now be described.

Steak pizzaiola (pork, steak, veal, or chicken)

1) Place thinly sliced steak in the cooked pizzaiola sauce (Marinara sauce to which you have added 1½ tsp dried oregano).

2) Allow meat to cook to the doneness you prefer.

3) Remove from heat and serve, spooning sauce over each portion of meat served.

4) Vegetable and pasta accompaniments of you choice will complete the entrée. You may choose any sauce over the pasta. A generous use of parmesan cheese will make this a wonderful fit, (See Number Two, on page 10.)

5) You may prefer using rice. When cooked, the remaining pizzaiola sauce may be spread over the rice to complete your entrée variation.

6) The same procedure may be used for pork, veal or chicken.

Serves 4-6 Enjoy

Bread Pizza

1) Preparation of the sauce is done as mentioned for the steak pizzaiola. Shredded mozzarella is an additional ingredient, as in 7 below.

2) Italian bread with each loaf large enough to be cut **lengthwise** into three

long sections of equal thickness.

3) Place the cut sections of bread on a broiler pan and put in the broiler for light toasting. Toast each side, being careful not to burn them.

4) Cover the toasted pieces with pizzaiola sauce in a bake pan. Put an amount on each slice that you would want on your restaurant pizza.

5) Evenly distribute shredded mozzarella over each piece.

6) **Options**: If you wish to create a more complicated topping you may add any or several of the following; pepperoni, onions, peppers, olives, anchovies, and any number of things you may think of. The choices are yours!

7) Put bake pan in a 350-degree oven and allow the mozzarella to become completely melted.

8) Remove and serve.

9) This is a casual and informal light lunch. Children will love it and so will you!

The number it will serve will depend on the number of Italian loaves of bread you use and the volume of sauce you make.

Serves: This will depend on the number of bread pizzas you make.

Enjoy

Eggplant in Marinara or Bolognese (meat) sauce

Ingredients

1) Prepare the basic Marinara or Bolognese sauce as outlined in BASICS NUMBER ONE

2) Peel the skin from a small eggplant. Cut the remaining eggplant into slices of ½ to ¾ inches thick from side to side. Cut into cubes ½ to ¾ inch squares. Use ¾ to 1 cup of cut eggplant, depending on your taste, in the sauce you are preparing.

Assembly

1) Combine all ingredients in a skillet as for the Marinara or Bolognese sauce.

2) Add the eggplant

3) Allow sauce and eggplant to cook together for 45 minutes

4) Remove from heat and serve over your favorite pasta

5) Serves 4-6

Enjoy

Pasta e fagioli

The name of this dish simply means pasta and beans. Each additional item you use would obviously change the name. Variants will be discussed following this recipe.)

Ingredients

1) Marinara, Bolognese sauce or (clear sauce). Double sauce ingredients.

2) Pasta (short elbow or tube variety of your choice) 1 pound

3) Canellini beans and red kidney beans, 1 can of each, undrained. If beans are not soft, heat and allow further cooking in a separate pan.

Assembly

1) Prepare the Marinara (meatless), Bolognese (Meat) sauce or White Sauce as directed in an earlier section.

2) Cook the **short** variety tube pasta of your choice

3) Drain pasta well when cooked and place in pasta bowl

4) Add the sauce of your choice

5) Add all beans.

6) Mix thoroughly. May need addition heating in the microwave or on the stove

7) Provide grated cheese and crushed red pepper for each person's use to his/her taste.

Serves 6-8

Enjoy

Pasta e fagioli variations

To the pasta e fagioli add peas. The name now becomes Pasta e fagioli e pisselli.

Add potatoes and it becomes Pasta e fagioli e patate.

Ingredients

1) As for pasta e fagioli, (Red or Clear)
2) Sweet peas, 1 can drained, heated
3) **Option**: Potatoes (1/2 cup) cut into cubes of ½ to ¾ inch (Pre-cook until tender)

Assembly

1) Add peas to the pasta e fagioli
2) **Option:** Add pre-cooked and drained potatoes
3) Entire mixture may need additional heating.
4) Provide grated cheese and crushed red pepper for each person's use to his/her taste.

Serves 6-8

Enjoy

Seafood Salad

A variety of seafood may be used in preparing this dish. What are considered the basic ingredients will be mentioned. (Depending on individual taste, other seafood may be added.) **This salad tastes best if the cooked and mixed ingredients to be used are fresh**.

Ingredients:

1) Calamari ½ lb (cut into rings approximately ½ inch wide,)
2) Shrimp ¼ lb (50-60 /lb count, cooked, each cut into 3 pieces.)
3) Bay scallops ¼ lb (If sea scallops are used, cut each in quarters.)
4) Imitation crab ¼ lb, (cut into ½ inch pieces.)
5) Olive oil (for sautéing) 1/8 cup
6) Garlic powder ¼ tsp
7) Black pepper ¼ tsp
8) **Optional:** Clams: 24 cherry stone or cockleshell clams of equivalent size

Preparation

1) Place olive oil, garlic and black pepper in a skillet over a medium heat.
2) Cook seafood items together and cook for only two or four minutes. Overcooking will result in each item becoming too hard. Put all aside in a bowl to be combined with marinade later. (Calamari is cooked when edges begin to curl. Scallops are cooked when they begin to change color or become opaque.

You may also test doneness by taste. Crab and shrimp are placed in the same skillet. Shrimp begin to change color when done.)

3) **Optional Clams** are steamed in a small amount of water with parsley. Save liquid. Discard any clams that fail to open after boiling. Shuck the open ones and cut clam into smaller pieces.

Additional ingredients for preparation of marinade in the seafood bowl

1) Olive oil 1/8 cup
2) Red wine vinegar ¼ cup
3) Lemon juice 3 tbsp
4) Black pepper ¼ tsp
5) Crushed red pepper 1/8 tsp
6) Crushed garlic powder 1/8 tsp
7) Fresh parsley leaves, finely chopped, ½ cup.
8) **Optional items**: Non-seafood: **Finely** chopped celery ¼ cup and 1/8 cup pitted sliced black olives.

Assembly

Combine all ingredients (Plus options if used) and mix thoroughly. Cover the bowl and allow marinating in the refrigerator for two to four hours. (Mix the refrigerated salad once or twice while marinating.)

Remove from the refrigerator when ready to serve. Serve cold. (Any unused portion may be returned to the refrigerator for a later use.)

Serves 6-8

Enjoy

Fettuccine al Pesto

This Italian favorite will show you how to create the pesto sauce from its basic ingredients. Relax, it's easy and also allows you the latitude of varying the pesto ingredients to suit your own taste.

Ingredients

1) 2 cups of fresh basil leaves cut into smaller pieces without the stems
2) ¾ tsp coarse ground garlic
3) 2 tbsp pine nuts
4) ½ cup Parmesan Cheese
5) ½ cup virgin olive oil
6) Fettuccine, one pound
7) Optional: Heavy cream, one pint

Preparation

1) Blend items 1-5 in a food processor until they becomes a smooth paste. This is now your Pesto sauce. Reserve for later use.

2) Add fettuccine to boiling water. Cook al dente (firm). Remove and save a small amount of liquid to be used as needed in #3 below to thin the pesto.

3) Toss the pesto and the fettuccine. **(Add 1 cup of heavy whipping cream to the pesto, before mixing.)**

4) Serve with extra Parmesan cheese. It's very difficult to add too much!!

5) Serve with a fish, fowl or meat preparation accompaniment. of your choice

6) Crushed red pepper to each person's taste.

Serves 4-6 Enjoy

Bean and Celery soup

Easy to prepare. This delightful soup will be enjoyed as an accompaniment to any meal or light lunch. If two types of beans are used, the soup will become a bean soup

Ingredients

1) ¼ lb bacon sliced into small pieces

2) Crushed tomatoes, 1, 28 oz can

3) ¾ cup celery cut into pieces of ½ inch

4) Course ground garlic, ½ tsp

5) Black pepper, fine ground, ¼ tsp

6) Water, 1 cup

7) Cannellini beans, 1 can

8) Red kidney beans, 1 can (optional)

Preparation

1) Sauté the bacon in a 4-quart cooking pan.

2) When the bacon is well cooked add items 2-6 (tomatoes, celery, garlic and pepper)

3) Add Cannellini beans with its liquid when the celery is well cooked.

4) Add optional item 7 (Red kidney beans) with its liquid along with item #3

5) Add water to satisfy your taste for thickness of the soup.

6) Allow beans to reach serving temperature

Serves 6-8

Enjoy

Veal Scaloppini

A delightful entrée that is easy to prepare, is always tasty, and is always a success. The recipe lends itself to multiple variations based solely on the type meat used. The preparation of other meat or fowl is done in the same way as it is for veal.

Ingredients

1) Crushed tomato, ½ can crushed

2) Olive Oil, ¼ cup

3) Onion, ½ of medium sized white cut into small thin pieces

4) Bell pepper ½ (red, yellow or green) cut into small thin pieces. Discard stems and seeds.

5) Garlic powder ½ tsp

6) Black pepper ¼ tsp

7) Six basil leaves cut into smaller pieces or 1 tsp of dried basil.

8) Veal, 1 lb cut into thinly sliced pieces

Preparation

1) Place items 1 – 7 into a deep uncovered skillet and allow cooking over a medium heat until the onions become translucent and the peppers become soft. Cooking time will be approximately 30-35 minutes

2) A small amount of water may be added periodically to offset what is lost to evaporation during cooking.

3) Add the veal, or similarly sliced meat of your choice. 3- 5 minutes will allow the meat to be thoroughly cooked. (Overcooking may make meat tough.)

4) Remove from heat and serve.

5) The sauce may be used over a small side portion of pasta or rice on each individual plate.

6) Parmesan cheese to each person's taste is optional

Serves 4-6

Enjoy

Risotto Rustica with Shrimp and/or Scallops

An easily prepared seafood entrée that is sure to satisfy both the taste and appetite. Shrimp alone or with Scallops are used in the sauce that is spooned over rice. Note that the amount of seafood will vary if they are used together or separately. Although this is not truly classic risotto, this rice-based dish will tickle the taste buds of any gourmet.

Ingredients

1) Celery, cut into small pieces, 1/3 cup
2) Carrots, thinly sliced baby variety, 1/3 cup
3) Onion, cut into small thin pieces, 1/3 cup
4) Bell pepper, green, red or yellow. Use ½ of the selected pepper cut into thin short pieces. Discard stems and seeds.
5) Olive oil, 1/3 cup
6) Garlic, ½ tsp coarse ground or 1 clove finely chopped
7) Black pepper, ½ tsp
8) Crushed tomato, ½ 28 ounce can

9) Rice, 3 cups, short grain, superfino.

10) Shrimp, cooked, 1 lb cleaned and cut in half. ½ lb if used with scallops.

11) Sea scallops, 1 lb ocean, cut into quarter sections. ½ lb if using with shrimp.

Preparation

There should be simultaneous and separate preparation of items 1-8 and 9-11

1) Combine items 1-8 and sauté in an open deep-sided skillet. Allow cooking slowly for 15 minutes

2) To avoid splatter, SLOWLY ADD the crushed tomato. Allow cooking over low heat for an additional 20-30 minutes.

3) Shrimp and/or Scallops are then added. Cooking time for each is just a matter of minutes and is complete when the shrimp turn pink in color and the scallops become opaque or milky white. Don't overcook or both will become very tough.

4) Rice is cooked in a separate pan. Allow rice to cook slowly over low to medium heat. Add small amounts of water during cooking to avoid having the rice dry out. Allow rice to reach the non-dry texture you desire by periodic tasting while it still retains a creamy consistency.

5) Spoon the cooked rice on individual dishes and cover each with the tomato-seafood mixture.

6) Optional. Crushed red pepper for each person to satisfy his/her taste.

7) Optional: Add a vegetable of your choice as an accompaniment.

Serves 8-10

Enjoy

Meatballs

Throughout the world this is the most famous ingredient in an Italian sauce. You will enjoy the flavor, especially when they remain soft after cooking. The superb taste will be the same each time you prepare them by using this simple recipe. They are easy to create and always a favorite.

Ingredients

1) Ground pork, ½ lb
2) Ground beef, ½ lb
3) *Alternate: 1 or 1½ pounds of ground turkey. (Preferable to ground chicken.)
4) One egg
5) Seasoned breadcrumbs, volume not to exceed 20% of meat volume used. This is approximately ¼ cup.
6) Garlic, ½ tsp coarse ground
7) Black pepper, ½ tsp

8) Parsley, fresh, finely chopped, ¼ cup or ⅛ cup dried

9) Marinara sauce. (See Basic Starter in Section One)

10) Water ¾ cup

Preparation

1) Combine all items, 1-8, and mix thoroughly

2) Add water, ½ to 1 cup, if needed, to keep meat mixture easily pliable

3) Prepare meatballs, each approximately 1½ " in diameter

4) Carefully drop the meatballs into the marinara sauce while it is cooking. PRELIMINARY FRYING OR BAKING IS UNNECESSARY

5) Allow cooking for an additional 30-45 minutes. Total cooking time for sauce and meatballs is approximately 60-75 minutes.

6) Remove the cooked meatballs and place them on a separate meat dish

7) Spoon the sauce over cooked pasta of your choice.

8) Add the number of meatballs from the meat dish as each person desires on his/her plate or allow self-serve family style.

9) *Left over meatballs, use cold and cut into smaller pieces. Add a small amount of sauce and lettuce and place in an Italian roll. This becomes a delicious sandwich! OR, you may want to crush them using a fork and use them as the meat filler in layers of Lasagna. OR, great addition to your pasta e fagioli

Serves 4-6

Enjoy

Eggplant Parmesan (Parmigiano)

(This entrée uses only Parmesan cheese. Parmigiano means the entrée is topped with grated parmesan cheese before baking.)

Ingredients

1) Prepared tomato sauce (See Marinara or Bolognese sauce (with beef or turkey)
2) Two eggplants approximately 8-10 long (Medium size)
3) Four eggs
4) Salt
5) Seasoned breadcrumbs
6) Olive oil, ½ cup
7) Parmesan Cheese (Grated Kraft)

Preparation

1) Peel the eggplant (Optional) and then cut **crosswise** into slices approx. ½ thick
2) Lay the slices on paper towel and sprinkle lightly with salt. Allow sitting for 1-2 hours. When ready to use brush excess salt off and pat each piece dry.
3) Beat eggs in a shallow bowl
4) Dip prepared eggplant slices into egg. Shake off excess egg.
5) Breadcrumbs should be spread on a dinner plate. Turn each slice, which has been dipped in egg, onto breadcrumbs covering each slice lightly on both sides. Fry in oil in a skillet until golden brown. Remove each slice as it is

cooked and placed on an absorbent paper towel. Continue until all have been prepared and allowed to become dry.

6) Line the bottom of a baking dish with previously prepared Sauce (Marinara or Bolognese)

7) Place a layer of fried eggplant in pan and cover lightly with your prepared sauce. Generously sprinkle each layer with Parmesan cheese. Continue building up layers in the same way until all the eggplant is used.

8) Place in a preheated oven at 350°F for 30 minutes. Serve hot or when partially cooled.

9) Serve with a vegetable or pasta and salad. The choices are yours.

Serves 6-8

Enjoy

Braciola

This is a thin piece of steak which has several ingredients placed over it and is then rolled and cooked in a tomato sauce.

Ingredients

1) Prepare a Bolognese or Marinara tomato sauce.

2) Steak, ½ lb. The type of steak can vary but is usually a thin inexpensive cut, for example, flank, bottom or top round. Cut as thin as possible for its entire length by placing the meat on a cutting board then holding it firmly in place with a small plate. Cut by using a thick handled knife in a horizontal sawing motion until each piece of steak has been cut into as many thin slices as possible. Make steak slices as wide and as long as possible.

3) Eggs, two

4) Fresh parsley, ½ cup finely chopped after discarding stems.

5) Black pepper

6) Garlic powder

7) Parmesan Cheese, grated

8) Olive oil

9) Tooth picks

10) ***Optional:** Prosciutto, thinly sliced. Seasoned bread crumbs.

Preparation

1) Beat eggs and prepare the thinnest omelet possible in a skillet using 2 tbsp olive oil.

2) Sprinkle with a small amount of pepper, salt and garlic powder (less than ¼ tsp each)

3) Lay the cooked egg (Omelet) on each piece of prepared meat. You may have to repeat omelet preparation. Trim omelet edges of the meat overhanging the meat.

4) **Optional:** Spread slices of prosciutto over egg.

5) Sprinkle a small amount of breadcrumbs over egg.

6) Sprinkle a small amount of Parmesan cheese over surface.

7) Cover lightly with the finely chopped parsley.

8) Carefully roll each prepared steak and secure the roll in place with toothpicks. Trim the overhanging egg edges. **(Count the toothpicks used and retrieve the same number when cooked.)**

9) Place each completed roll in tomato sauce and simmer for 45 minutes.

10) Remove from sauce and slice each roll into ½-1 inch rings for serving.

11) Serve with the other meats used in your sauce. Cover each slice with a small amount of cooked sauce. The remainder of the cooked sauce will be used over the pasta of your choice.

Serves 4-6

Enjoy

Greek Salad, Italian Variation

Ingredients

1) Iceberg lettuce, 1 head
2) Red onion, ½ medium size
3) Calamata pitted olives, approximately 30
4) Tomato, one medium beefsteak
5) Feta cheese (crumbled), one 4 oz package

Preparation

1) Remove center stem (stalk) from lettuce. Cut head in half, top to bottom. Cut each into smaller pieces 0f approximately 2". Place in bowl.
2) Cut tomato into bite sized pieces. Distribute over lettuce. Do not mix.
3) Cut onion into small bite sized pieces. Distribute over lettuce. Do not mix.
4) Distribute olives evenly over salad. Do not mix
5) Spread Feta cheese evenly over lettuce. Do not mix
6) Pour Italian salad dressing (described next on page 67)) over salad.
7) Mix thoroughly only after your guests have seen your masterpiece.

Serves 8-10

Enjoy

Italian Salad Dressing

Ingredients

1) Oregano flakes, dry, 1 ½ tsp
2) Basil leaf, dry, 1 tsp
3) Garlic powder ½ tsp
4) Black pepper ⅛ tsp
5) Oil. 1 oz (2tbsp)
6) Red wine vinegar - 7 oz
7) Lemon juice 2 tsp
8) Sugar, 2 tsp (or its lo-cal equivalent, e.g., 1 packet of Sweet'n Low)

Preparation

1) Combine all ingredients in a large glass suitable for use with a hand held mixer.

2) Aerate and blend using mixer for two minutes. Refrigerate for two hours to allow dry ingredients to rehydrate.

3) Shake well before using and spread desired amount over the salad of your choice or the Greek Salad mentioned earlier. Dressing is sufficient for 10 individual salad serving.

Enjoy

Antipasto

An Italian appetizer served before the meal. There are many ways to create this dish. What is described is one version. After making it several times you will develop your own presentation. Antipasto may be prepared on smaller serving dishes for use by each person or on a large serving platter from which individual portions can be served. When purchasing items numbered 6 through 10 you will need at least two slices of meat and Provalone per person.

Ingredients

1) Lettuce (iceberg)
2) Whole ripe tomato, sliced into bite sized pieces
3) Calamata and Sicilian style olives
4) Artichoke hearts, 1 bottle
5) Anchovies (Canned in oil)
6) Genoa salami (Thin sliced)
7) Mortadella
8) Capocollo (A mildly spiced thin sliced Italian ham)
9) Prosciutto (thin Sliced)
10) Provalone (thin sliced)

11) Roasted peppers cut into strips of approximately 2x4”

12) Wine vinegar

13) Olive oil

Preparation:

This next procedure is followed for both an individual plate or for the larger serving platter. The difference in the two is the number of circles of items being created on the serving platter. On an individual plate there will be just one circle.

1) Cover the plates with large single lettuce leaves, flattened so it will accept other ingredients placed over it.

2) Layer numbers 6-11 to the outer edges of the lettuce, overlapping as necessary to make complete circles on the plate or platter.

3) Use ½ slice of provolone half way at the top and bottom of each circle. Repeat on the circles on both sides of each plate.

4) Place two pieces of tomatoes sliced as wedges at opposite ends of the plate over the meat and cheese

5) Artichoke hearts are then placed in the center of the plate

6) Use six-eight olives, alternately Calamata and Sicilian around the artichoke

7) Place six rolled anchovy fillets adjacent to the olives.

8) Sprinkle wine vinegar and oil ***very lightly*** over completed dish.

9) Cut pie sized sections from the large plate and place on smaller individual plate for each person.

10) For a larger party make a second layer over the first but don’t hide the first.

Serve and Enjoy your masterpiece!

Bean Salad

Simply made using cooked canned Cannellini and/or red kidney beans. Easy to make and has a great taste.

Ingredients

1) Cannellini beans, one can
2) Red kidney beans, one can
3) Numbers 4-10 are for each can of beans used.
4) Olive oil, 2 tbsp
5) Garlic powder, ¼ tsp
6) Black pepper, ¼ tsp
7) Lemon juice, 1 tsp
8) Red wine vinegar, 3 tsp
9) Finely chopped parsley, 2 tbsp
10) **Optional**, crushed red pepper, ¼ tsp per can or to your taste

Preparation

1) Place beans with its liquid in a serving bowl
2) Add ingredients numbered 4-10 and mix well

3) Refrigerate for 30-40 minutes before use.

4) Allow each person to serve themselves the amount they desire

Enjoy

Italian String Beans

This recipe is made with or without a tomato base

Ingredients

1) ½ pound fresh or thawed frozen string beans

2) Olive oil, 2 tbsp

3) Garlic powder, ¼ tsp

4) Black pepper, ¼ tsp

5) Red Wine Vinegar, 1 tbsp

6) * **Optional:** ¼ can of crushed tomato

Preparation

1) * **Optional:** Place crushed tomato in a skillet, reserving ½ of its liquid

2) Add all ingredients except # 5

3) Allow sautéing over a medium heat until the beans are cooked to suit your taste. If optional tomato is used, cook for approximately 30 minutes total.

4) Add vinegar (# 5)

5) Serve hot or warm as an accompaniment to your entrée.

Serves 4-6

Enjoy

Bruschetta

Ingredients

1) Ripe beefsteak tomato, cut into cubes of approximately ¼ - ½ inch

2) Olive oil, 3-4 tbsp per tomato used. Varies with the size of each tomato.

3) Garlic, coarse ground powder, begin with ¼ tsp for each tomato. Use more or less to suit your taste. Increases with the number of tomatoes used.

4) Black pepper, ¼ tsp

5) Fresh basil leaves, (two per tomato) each leaf cut into pieces of ¼ inch wide.

6) Red wine vinegar, ¼ tsp per tomato.

7) Italian bread, similar to but larger than a baguette in size, thinly sliced, approximately ½ inch, at least one per person to be served. **Lightly** toast each piece on both sides.

Preparation

1) Place ingredients 1-6 in a bowl and mix well.

2) Refrigerate for at least 1 hour before use.

3) Spoon the tomato mixture generously over each piece of toast.

4) Serve 1 or 2 bread slices per person

Serves 4 or more depending on amount of bread and number and size of tomatoes used.

Serve

Enjoy

Steamed Clams (or Mussels)

Very popular in seafood restaurants and on many wharfs and piers as a house specialty

Ingredients

Clams (or mussels), thoroughly scrubbed to be free of sand. The recipe is for 4-6 clams or mussels per person. Adjust ingredients if a greater number of either is used.

1) ½ cup butter, **unsalted**

2) ½ cup white wine

3) 2 cups water

4) Chopped parsley, no stems, ¼ cup

5) Coarse ground Garlic powder, ½ tsp

6) Black pepper ¼ tsp

7) **Optional.** Cheesecloth to remove any residual sand from reserved liquid

8) Soup bowls

Preparation

1) Place items 2-6 in a covered saucepan. Bring to a slow boil over medium heat

2) Add scrubbed clams (or Mussels) to boiling mixture. Cover pot.

3) Remove from heat when all clams or mussels have opened. Discard any that fail to open.

4) Divide the number of clams or mussels evenly into each person's bowl.

5) Distribute the reserved **filtered** liquid evenly into each guest's bowl for individual use. The liquid may be used to dip the clams or mussels into before eating or it may be drunk as a broth.

Enjoy

Stuffed Clams

Another popular item on any seafood menu, especially where fresh clams are abundant. Sure to be a hit every time they are served.

Ingredients

1) Clams, 4 per person, (this recipe will be for 16 clams). Use large quahog variety. The recipe must be adjusted if a greater number of clams are used.

2) 2 cups water

3) ½ cup butter, **unsalted**

4) ½ cup white wine

5) Black pepper ¼ tsp

6) 2 tablespoons of finely chopped fresh parsley

7) Coarse ground garlic, ½ tsp

8) ½ cup seasoned bread crumbs

9) 2 tablespoons grated parmesan cheese

10) Olive oil, 4 tbsp

11) Cookie sheet

12) Cheesecloth to remove sand from reserved liquid

13) Preheat oven to 350 degrees

Preparation

1) Place clams and number 2 above in a covered saucepan and bring to boil over medium heat.

2) Remove from heat when all clams are open. Discard unopened clams.

3) Reserve the liquid after filtering through cheesecloth

4) Remove clams from shells and save in a separate bowl.

5) Save all shells and separate each into 2 halves.

6) CAREFULLY (watch the fingers) cut clams into smaller pieces (dice)

7) Combine the diced clams, and items 4-10 listed in ingredients.

8) Add reserved liquid (broth), approximately 1 cup, and mix.

9) Distribute mixture onto each separated cleaned shells. If the mixture is too dry, sprinkle with reserved broth, if still available, or with clear water.

10) Place filled shells on cookie tin(s) and put in preheated 350 degree oven for 15 minutes or until the surface of each is golden brown

11) Remove and serve (Be careful not to burn yourself! The shells retain heat for some time)

Serves - 4 persons using 4 stuffed shells each **or** 8 persons with 2 stuffed shells each.

Enjoy

Manhattan Clam Chowder with fresh clams

The tomato base makes this a red chowder. In order to capture the full taste of the clams, the strained water used to steam the **fresh** clams must become an integral part of the chowder at the onset. The final result will be a flavorful, rich tasting clam chowder.

Ingredients

1) 24 cherrystone clams
2) 16 ounces clam juice (two 8 ounce bottles)
3) 2 cans crushed tomatoes
4) ¼ tsp black pepper

5) ¼ tsp coarse ground garlic powder

6) 2 tbsp olive oil

7) 6-8 large basil leaves cut into small pieces

8) ½ cup chopped onion

9) ½ cup chopped celery

10) ½ cup thinly sliced, bite sized carrots

11) Crushed red pepper in a small dish for individual table use

Preparation

1) Prepare and cook ingredients # 2-9 in a skillet as you would to make a marinara sauce. Allow Cooking for 30-40 minutes.

2) While this is simmering, place 4 cups water in a separate saucepan and bring to slow boil

3) Place cherrystone clams in the water and remove each when shell opens. **Discard clams that have not opened after boiling**. Save liquid after straining through cheesecloth or tea strainer to remove residual sand.

4) Remove clams from shells and chop them. Reserve for later use.

5) Add reserved, filtered liquid from cooked clams to items (2-10). Allow to simmer in an uncovered sauce pan for 20 minutes or until vegetables are desired tenderness.

6) Combine chopped fresh clams with above and simmer for another 3-5 minutes.

7) Prior to an entrée of your choice serve while hot using individual bowls and

Italian bread.

8) For those who prefer it spicy, offer crushed red pepper for individual taste.

Serves 8-10

Enjoy

Manhattan Clam Chowder (Red) with canned clams

The tomato base makes this a red chowder. Once again we will begin by making a marinara sauce that we will ultimately combine with all remaining ingredients needed for chowder.

Ingredients

1) 2 cans of crushed tomatoes

2) ¼ tsp black pepper

3) ¼ tsp coarse ground garlic

4) 2 tbsp olive oil

5) 6-8 large leaves of basil, cut into smaller pieces

6) 2 cans chopped clams

7) 1 can minced clams

8) 16 ounces clam juice (two 8-ounce bottles)

9) ½ cup chopped onion

10) ½ cup chopped celery

11) ½ cup thinly sliced carrots, bite size

12) Finely chopped parsley (no stems)

14) Crushed red pepper in a small dish for individual use at the dinner table

Preparation

1) Combine items 1-5 as if making a marinara sauce. Cook for 30 minutes.

2) Separate chopped clams from 3 cans and save liquid from each can. .

4) Combine items 8-12, listed under ingredients, and liquid from canned clams. Allow to simmer for 20 minutes or until all vegetables are tender.

5) Combine prepared marinara sauce, chopped clams and minced clams. Simmer only until the clams are warm **(3-5 minutes).** (Add clam juice in small amounts to achieve desired consistency.)

6) Serve while hot (prior to the entrée of your choice) with Italian bread.

7) For those that prefer it spicy, each use crushed red pepper to individual taste.

Serves 8-10

Enjoy

Clam Chowder, Clear, with fresh clams. (For seafood chowder option add shrimp, scallops and 3 by ½ fish fillet cut into bite sized pieces.

Ingredients

1) Preparation of 24 clams as for red chowder (See page 79).

2) 4 bottles clam juice (8 ounces each).

3) Additional water may be needed if optional sea foods are used.

3) ½ cup chopped onion

4) ½ cup diced carrots

5) 2 cups diced potatoes

6) ½ cup chopped celery,

7) 2 tablespoons olive oil

8) ½ tsp ground black pepper

11) ¼ cup finely chopped parsley

12) 1 can of cream-style corn (approximately 8 ounces)

13) ¼ tsp course ground garlic

Preparation

1) Reduce clam juice (1- 2) by simmering slowly in a saucepan for 15 minutes

2) Place remaining ingredients, 3to13, in saucepan with saved reduced liquid. Allow cooking until vegetables are to your taste, (15-20 minutes).

3) Combine prepared fresh chopped clams, (* including options), cooked vegetables and liquid. Heat until clams are thoroughly warmed, 3-5 minutes.

4) Serve in cups or bowls with Italian bread prior to the entrée of your choice.

Serves 8-10 Enjoy

Clam Chowder, Clear, with canned clams (Option: Add shrimp, scallops and 3 inch x ½ inch fish fillet cut into bite size pieces.)

Ingredients

1) 4 cans chopped clams, (For heavier clam taste use a total of 5 cans.)

2) 4 bottles clam juice (8 ounces each).

3) ½ cup chopped onion

4) ½ cup diced carrots

5) 2 cups diced potatoes

6) ½ cup chopped celery,

7) 2 tablespoons of Olive Oil

8) ½ tsp ground black pepper

9) ¼ cup finely chopped parsley

10) 1 can of cream-style corn (8 ounces)

11) Course ground garlic, ½ tsp

Preparation

1) Reduce clam juice (items 1-2) by simmering slowly in saucepan for 15 minutes.

2) Place ingredients 4-12 in sauce pan with reduced liquid. Allow to simmer until vegetables are cooked to your taste, (15-20 minutes).

3) Add chopped clams with their liquid to cooked vegetables **(add optional seafood** now). Continue to simmer until all are cooked, esp. fish, (3-5 minutes)

4) Add water in small amounts to reach consistency you desire.

Serves 8-10 Enjoy

Hors d'ouevres - Capresse Appetizer - (Finger Food for Waiting Guests)

A perfect taste served on a short skewer or long toothpick. Easy to make and equally easy to pickup and eat.

Ingredients

1) Mozzarella – Easiest to use if purchased in Brick Form

2) Fresh Basil leaves

3) Cherry Tomatoes

4) Long tooth picks

5) Finely chopped garlic in Olive oil. Allow to sit for a short time before use)

6) Amount of ingredients is dependent on number of H'ors d'oeuvres being made

Preparation

1) Each ingredient skewered in order listed

2) Mozzarella cut into cubes of ½ inch

3) Basil leave cut into 1 inch pieces

4) Cherry Tomato

5) Set on plate then sprinkle **lightly** with olive oil - garlic mixture

Serve with small plates and napkins. Eat all ingredients at the same time.

Enjoy

Cioppino

Cioppino is a tasty fish and shellfish stew made **without potatoes**. For best results the ingredients used should be the highest quality of fresh seafood. You will benefit from reading this recipe several times in order to become familiar with all steps. This recipe will serve 4-6 people

Ingredients

Seafood

1) Little neck clams, 10 or 20. (One or two per person). Steam clams in 1 cup of water until all are open. Remove clams and set aside for later use. Strain liquid to remove sand and reserve for later use in sauce.

2) Halibut (or Swordfish) fillet ¾ pound. Cut into pieces 1 ½ x 1 ½ inch.

3) Twenty uncooked medium size fresh shrimp. Remove the shells and tails and the black vein in the curved upper body.

4) Ten (10) Sea Scallops, cut in half or thirds depending on size.

5) Whole baby clams, one can and one can chopped clams and their liquid. (This represents cheating since they are not fresh.) Use is optional.

6) Imitation crab, ¾ lb. (May use fresh crab instead, but that is expensive).

Sauce and contents

1) ¼ cup olive oil
2) ½ tsp. course ground garlic powder
3) Two 28 ounce cans crushed tomatoes
4) Add strained reserved liquid from steamed little neck clams
5) ¾ cup bite size thin sliced carrots
6) ½ chopped white onion
7) 6-8 large basil leaves cut into smaller pieces
8) Saffron, 8 threads. (Allow soaking in small amount of water for at least 2 hours prior to use. Later you will use all threads and water in sauce).

Assembly

1) Place sauce items (1-8) in a skillet and simmer for 45 minutes.
2) Add halibut, or other solid fish, and allow 3-5 minutes cooking time.
3) Add Shrimp, Scallops and crab. Simmer another 3 minutes.
4) Add reserved liquid from steamed clams
5) Add clams in their shells, **for reheating only. (**May add an optional can of baby clams) then simmer for 3 minutes.
6) Serve in large bowls with one or two clams in the shell in each bowl
7) Serve with Italian bread and a wine of your choice.

Will serve 4-6 persons

Enjoy

Lasagna

A universal word that in any language means a unique and spectacular baked pasta dishes of Italian origin. The actual preparation of this famous dish is now basically the same for everyone since it was first discovered by an Italian culinary genius. The taste, however, may vary because of the components that will become unique to your cooking. For example, the sauce can be made with a variety or of different individual items such as meats, or vegetables, each of which will alter its taste.

Ingredients

1) Lasagna noodles, 1 pound, brand that is available.

2) Basic Marinara or Bolognese sauce and its meat variations. **Double the ingredients called for in the previous recipes, keep warm for later use.**

3) Deep, 8x12 baking dish

4) Large pan to cook the noodles.

5) *Ricotta cheese, 1 pound, placed on cheese cloth in a colander on a plate. Refrigerate overnight. Excess water in ricotta will be removed. Do this the day before preparation of your Lasagna.

6) 2 eggs

7) Mozzarella cheese, shredded, 2 cups

8) **Optional** - For meatless Lasagna use any or all of the following. Thinly sliced zucchini, carrots, broccoli and mushrooms, and small cubes of tofu.

9) Baking spray (non stick)

10) Preheat oven to 350 degrees

Preparation

1) Cook noodles in water ***ONLY UNTIL*** they can be easily bent.

2) Remove noodles from hot water and drain in a colander

3) Place the ricotta in a bowl. Break both eggs over the ricotta. Mix thoroughly until smooth. Add sauce until mixture remains thick but can be easily spread.

4) You should now have before you for easy access, noodles, ricotta combined with Bolognese sauce, or meatless Marinara sauce, and mozzarella cheese.

5) Coat the bottom of the bake pan with a small amount of the sauce of your choice. This is important and discourages any sticking of the lasagna to the pan during cooking

6) Create one layer of noodles, side by side, the length of the bake pan. Can be easily cut to the size needed with a scissors.

7) Cover with ricotta-sauce mixture to about ¼ inch thickness. Be generous since this will thicken considerably when baked later in the oven

8) **Vegetarian option.** Spread thin sliced zucchini, summer squash, eggplant and par boiled skinned bell pepper over ricotta

9) Spread shredded mozzarella over entire layer. NOT TOO MUCH since this will melt and spread on its own when baked

10) Repeat step 7-9, **except** this time layer the noodles from side to side in the pan. Alternate subsequent noodle direction with each layer.

11) Continue until you have reached the top of the pan or have exhausted your supply of cooked noodles

12) **Loosely** cover the eggplant and mozzarella without touching them. This will prevent sticking to cover. Place in a preheated oven for about ¾ hour.

13) Remove carefully from oven, using potholders. Allow some cooling before serving.

Serves 8-10

Enjoy

Lentil soup

Leftover meatballs, sausage or ham may be used in making this soup. Requires a four quart sauce pan and will serve a small party or allow you to refrigerate unused cooked lentils for use on another day. Reheated it's terrific as a quick snack. To make a smaller amount reduce each ingredient proportionally.

Ingredients

1) ½ 28 oz can Crushed tomatoes or 1 15 0z can of diced tomatoes
2) Lentils 1 box or bag (1 pound)
3) Olive oil, 4 tbsp
4) Water, 2 ½ quarts. You may replace water with chicken broth, such as Swanson's, which will enhance the taste.
5) Coarse ground garlic powder, ¼ tsp.
6) Black pepper, ½ tsp
7) Salt, ½ tsp
8) Celery diced into pieces of approximately ¼ inch pieces, ¾ cup
9) Carrots cut into pieces of approximately ¼ inch, ¾ cup
10) Onion, ¼ cup chopped
11) Chopped spinach or Swiss chard (uncooked measure) cut in small pieces, ½ cup
12) Crumbled meatballs, sausage, diced ham or left over Bolognese sauce if available. (Any or some of these is all right.)

13) Worcestershire Sauce 3 tbsp

Preparation

1) Place all ingredients into a **4 quart or more, sauce pan** at the same time

2) Bring to a boil, then let simmer in a covered pan for 45-60 minutes,

3) Taste for doneness. Lentils may require additional cooking time to suit your taste.

4) Serve in soup bowls with Italian bread

5) Refrigerate the remaining lentil soup for reuse on another day

Serves 10-12

Enjoy

Onion Soup

This is a small deviation from a typical Italian menu but an easy and delightful addition. From south of the French-Italian border **but** done easily my personal Italian way! You'll love it!

Ingredients

1) Two large white onions cut in quarters from stem to bottom. Cut each piece into thin slices.
2) Chicken broth, four 12 oz cans
3) Three tablespoons butter
4) Two tablespoons oil
5) ¼ teaspoon course ground garlic powder
6) 5 tablespoons Worcestershire sauce
7) Cheese; grated Parmesan, shredded Swiss or Gruyere
8) One ½ inch slice of lightly toasted French baguette for each serving

Preparation

1) Place all ingredients in a large covered sauce pan
2) Bring to a boil and then let simmer covered for 1 ¾ hours
3) Distribute in individual soup cups
4) Top with a piece toasted baguette
5) Sprinkle a thick layer of cheese of your choice (above, # 7) over each baguette.

6) Place servings place under broiler for 3-5 minutes until cheese is melted and/or bubbly.

7) Serve while hot.

8) Refrigerate left over soup (Reheat for use at another meal)

Serves 6-8

Enjoy

Cabbage with Beans

Ingredients

1) Cabbage, one head, cut in half . Remove stalk and cut into small pieces.

2) Place cut surface of cabbage on cutting board and cut into 1inch wide ribbons from top to bottom. Cut ribbons into 2 inch long pieces

3) **Optional:** 1pound **thick** bacon strips cut into small pieces.

4) Water, 8-10 cups

5) Beans 1 15 ounce can. Cannellini or Navy Beans (entire contents), use 1 can, 2 if you really like beans.

6) **Option:** (You may add or substitute potatoes for beans.)

7) **Option:** (Crushed tomatoes, ¼ can)

8) Garlic, ½ tsp

9) Black pepper, ½ tsp

10) Individual use of crushed red pepper to taste.

Preparation

1) Cut bacon into small pieces and sauté well in sauce pan

2) Place cabbage with Bacon in sauce pan and cover with water.

3) Cook until cabbage is partly cooked.

4) Add chosen optional items 6 and 7 plus regular items 8-10.

5) Continue cooking until cabbage and beans are soft and tender. (If used, potatoes should be cooked until soft)

Serves 2-4 as main dish or 6-8 as vegetable side with Italian bread.

Enjoy

Sautéed Broccoli Rabe (Also known as Rapini)

Ingredients and Preparation

1) 1 lb broccoli rabe, cut into 1 ½ to 2 inch pieces
2) Chicken broth, 8 ounces
3) ¼ pound chopped bacon
4) ½ tsp garlic
5) ½ tsp black pepper
6) Cannellini beans
7) **Optional**, Salt pork, 4 oz. substitute for bacon. Remember, this may be too salty for your taste. The choice is to satisfy your taste.

Preparation

1) Cook rabe in sauce pan in water for five to ten minutes.
2) Remove, drain and rinse with fresh hot water.
3) Place bacon in a large skillet and cook for several minutes.
4) Add the drained rabe into skillet (**Careful, may splatter while adding**).
5) Sprinkle garlic and pepper over rabe
6) Add chicken broth and cannellini beans
7) Mix well while cooking continues until desired tenderness, approximately five minutes.

8) Remove from heat and serve as a vegetable substitute with a variety of meat accompaniments of your choice.

Serves 6-8

Enjoy

Quick Lunches and Leftovers

Be creative. Combine foods. You may can use leftovers and frozen extras, such as sauces and meats. Your imagination will create many new dinners. Examples:

Leftover Marinara or Bolognese sauce, meatballs, and Italian sausages can become either a small part of or the major part of pasta fagioli or lentil soup. Never discard Italian leftover food, rather, use it this way the next day and give it a second life! Your experimentation can easily expand this cookbook to a thousand recipes most of which will be unique and yours alone.

Sandwiches can be prepared quickly with Italian deli meats and cheeses. Simply place the desired piece(s) of meat and cheese on the bread of your choice and add any of the following; roasted peppers (find them in your pantry), onion, eggplant, or chopped basil. A few seconds in the microwave will result in a hot panini. As an option you might add lettuce and **lightly** sprinkle one side of the bread with a small amount of vinegar and olive oil, after heating the sandwich. You have just created a fabulous sandwich!

Left over cooked meats, such as meat balls, sausages, chicken Parmigiana, veal and/or pork, and roast pork can used in sandwich bread with lettuce. This will become another fabulous creation. Adding a small amount of mayonnaise will enhance the taste.

Cooked bell peppers, onions and tomatoes (with or without sausage) in a roll or with Italian bread. Mama Mia! This is so good!

Now you're getting the idea about using leftovers. You simply invent your own Italian dish with what leftover is available!

Portobella Mushroom Salads

If you are calorie conscious this recipe will be perfect for lunch or a pre entrée salad. Easy to assemble and inexpensive. Try it, you'll love it! For a vegetarian dish use only seafood.

Ingredients

1) Portobella mushrooms, sliced into 2 inch pieces its entire width. You will use three or four slices per person

2) **Optional Variations (Select one)**

Steak strips, ½ inch thick, 8 per serving being made.

OR Italian Sausage, each link cut into 1 inch pieces

OR Sea Scallops, 3 per serving and 3 or 4 medium size shrimp per prepared serving.

3) Cherry tomatoes

4) Spinach leaves and Romaine lettuce

5) Red roasted Peppers, one bottle or equivalent of three roasted bell peppers.

6) Coarse ground garlic

7) Salt Olive oil, 2 tbsp

8) Balsamic marinade. You may use a different marinade of your choice.

9) Solid pieces (1-1½" by ½") of provolone or crumbled feta cheese.

10) Italian Bread

Assembly

1) Sautee mushrooms in olive oil. Sprinkle **lightly** with balsamic marinade, garlic and salt. Cook low heat for **4-5** minutes on each side then remove for later use.

2) Sautee variations chosen (#2) in same skillet with a small amount of marinade of your choice. This will take only a few minutes for each of those selected.

3) On a salad plate place a bed of spinach and romaine lettuce. Sprinkle your

chosen marinade **lightly** over the lettuce-spinach.

4) Place the cooked mushroom strips in the center of each bed of lettuce
5) Place roasted peppers, provolone or Feta on each side of mushrooms
6) Place your chosen variation adjacent to peppers and cheese.
7) Cherry tomatoes (2) on each side of mushrooms

Serve with Italian bread and red wine. Enjoy

Section Four

Pasta and its Varieties

The intent in writing this cookbook was to create recipes that are simple and at the same time representative of the foods consumed by the typical southern Italian. As a consequence there has been no mention of complex sauces and time-consuming entrées. You will discover that quality Italian foods are not that difficult to prepare. We have learned that commercially available ingredients can be stored in your pantry indefinitely and always be available for quick easy dinners. It is true that the fresh ingredient will provide a different and perhaps better taste but they can't always be used when you have no time available to search for and purchase them.

The common item in many of the entrées listed in this book is pasta. So, what is pasta? It is a paste (dough, paste) made from a product of the hardest of all the wheats, durum, which has been milled to remove the germ and bran creating the semolina used to make commercially sold pasta. This imparts the yellow color we see in the packaged products we purchase at the market. The hardness of the pasta thus has another distinct advantage in that it allows for the creation of many shapes and sizes that will be retained when dried. Another advantage of this product is that once dried it will keep indefinitely. This is a perfect fit as part of your pantry list where a number of different sized and shaped pasta packages can always be at your fingertips. Next we see that pasta refers to an entire family of products. Macaroni carries the same broad meaning.

Why then are there so many different names? The names are indicative of a certain size and shape of pasta. The variations may be very slight for some or profound when comparing one with another. The long strands available encompass a range of names, such as spaghetti, spaghettini, vermicelli, tortellini, fettucini, capellini, taliarini, and linguini to mention just a few. The differences are not in their composition because all use the same basic paste. When we leave the strands we can find a long variety of tubular forms. Since we have a new group we also have new names. Penne, ditalini, mastaccioli, rigatoni, bugatini (looks like straws), tubatini, ziti, short elbows, long elbows and so on. Next, let's consider other different and interesting shapes. Many are favorites with children since they are easier to eat and require only a spoon. Bows (farfalle), cartwheels, eliche (small spirals), fusilli (twists), orecchiette (ear shaped), ruotini and pastina (like rice). Finally the flat pasta that can be stuffed and molded allow for an infinite number of shapes and sizes. Consider ravioli, lasagna, cannelloni, tortellini, manicotti and capelletti.

We have touched on just a few of the hundreds of names associated with pasta and we haven't considered the endless variety created by changing its color. The color may be green when made with spinach, faint orange with pumpkin, red with tomatoes or whatever when using artificial colors. Lastly there are seasoned pastas such as those made with saffron, squid ink, black pepper or a variety of other herbs and spices.

Confused? You need not be. Availability will sharply limit you choices. Find the particular pastas that will suit your needs from what is available in your favorite market and stick with them. Whatever you use will be a happy adventure you, your family and your friends will enjoy.

Section Five

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